

Revision Tasks

Subject:

Task 3

Watch the video below.

[Macronutrients – CCEA - Video - GCSE Home Economics: Food and Nutrition \(CCEA\) - BBC Bitesize](#)

Complete the table below.

Macronutrient	Source(s)	Structure	Function	Recommended % of energy intake
Carbohydrate				
Protein				

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Fat				
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